



Sacred Weaving of Womanhood Retreat

Rayos Del Sol, San Juanillo, Guanacaste, Costa Rica

August 11 - 18, 2019

Retreat Schedule

(This is an example program from one of the past retreats, changes may apply)

Day 1

Arrival and check in at Rayos Del Sol Resort-Time to relax and settle in before dinner

6:00 pm – 7:30 pm – First Dinner

7:30 pm – 10 pm - Welcome & Orientation, Fire of Liberation healing circle,

Intention setting and letting go ceremony

Time to rest

Day 2

7:00am- 8:15 am- Yoga / Meditation Class

8:15- 9:00am - Breakfast

9:15 am – 12:00 pm – Weaving of womanhood sharing circle & Weaving Workshop (Start weaving)

12:00 pm 1 pm - Light Lunch, Rest

1:15 pm - 3:15 pm - Talk about Ancestral plant medicines (Yage, yopo, mambe, ambil, and rape)

3:30 pm -6:00 pm – Weaving

6:15 pm-7:30pm - Dinner

7:45 pm - Reconciliation with mother & inner child workshop *

Day 3

7:15- 8:15 am – Morning Flow (yoga)

8:15 am- 9:30 am - Breakfast

9:30-12:00 pm - Talk about plants to use to support moontime and menopause & weaving workshop.

12:00 pm-1:30 pm - Light Lunch (1st ceremony night)

2:00 - 5pm - Pre-Consultations

Rest and Relaxation before 1st Sacred Ceremony

7:00 pm - 1st Sacred Ancestral Plant Medicine Ceremony

Day 4

8:00 am- 9:30 am - Breakfast after ceremony
12:00-1:00 pm Light Lunch (2nd ceremony night)
1:15 - 2.15pm - Weaving of Womanhood Workshop
2.30pm - 3.3pm - Crystal Sound Bowl Healing
3.30 pm – 7:00 pm - Rest and Relax - Preparation for 2nd Ceremony
7:00 pm -2nd Sacred Ancestral Plant Medicine Ceremony

Day 5

Closing ceremony
8:15am- Breakfast
Morning Rest
12:00 pm -1:00 pm Lunch
1:15 pm - Weaving workshop & Post-Consultations
6:00 - 7:15-pm - Dinner and rest
7:30 pm- Weaving of Womanhood lecture

Day 6

7:00 am – 8:00 - Morning yoga and meditation
8:15 am-9:30 - Breakfast
10:00- am -12:00 pm - Ceremony of Life (Sacred altar workshop)
12:00 pm-1:15 pm - Lunch
1:30 pm- 3:00 pm - Weaving of Womanhood weaving workshop
3:30 pm -6:00 pm - Sunset at the beach
7:00pm - Dinner
7:30 pm - cleansing & payment for personal and lineage *

Day 7

7:00 am – 8:00 - Morning yoga and meditation
8:15 am-9:30 - Breakfast
9:45-10:45am - Healing for women on menopause
11am - 12pm - Womb Healing and Meditation
12:00 pm-1:15 pm - Lunch
1:30am - 6:00 - Weaving Workshop and Closing Circle
6:00-7:30pm - Dinner
8:00 pm- 10:00 pm- Celebration & Closing Fire Ceremony

Day 8

7:00 - Breakfast
Travel Day- Home!

* Women who are joining the retreat for the 2nd time will build on what they have learned before to go deeper into the teachings.

This Retreat Schedule is subject to change – Depending on the energy of the group - We take each retreat in its uniqueness and will alter the retreat as we fill is best fit for transformation and spiritual growth of the whole group and for each participant!